Implementing Sustainable Meal Planning Practices Through Meal Mentoring at an East Texas Food Bank Sponsored Location

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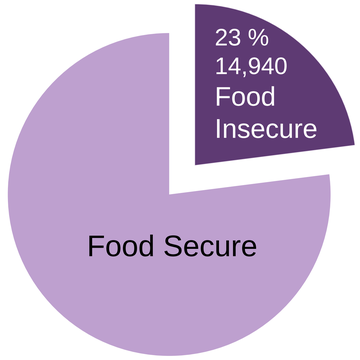
What is Food Insecurity?

- The USDA defines food insecurity as a state in which "consistent access to adequate food is limited by a lack of money and other resources at times during the year."
- **How many Texans are food insecure?**
- According to the latest USDA report, 17% of Texas households (one in six) experienced food insecurity in the years 2012-2014. Texas was one of just fourteen states with higher food insecurity than the nation during this period. In raw numbers, 1.7 million Texas households were food insecure, more than any other state except California.
- **How many Nacogdoches County residence are food insecure?**
- According to feedingamerica.org in 2013 there were 14,940 food insecure households within Nacogdoches County. Approximately 23% of households.



Objectives

- Participants being able to identify key terms on a food label.
- That the participants will have an awareness of healthful portion sizes.
- That the participants will be able to demonstrate this knowledge.
- This was accomplished by an initial assessment, a review and a post assessment.
- Each interview period had a discussion time and nutrition information was disseminated. Each participant received a one on one mentoring with the researcher covering basic nutrition content of foods during each interview.

Methods

- The target population consisted of 8 to 10 adults over the age of 21 who were either male or female of any ethnic origin and of any civil status, receiving donated food items from Helping Other People Eat (HOPE; an East Texas Food Bank sponsored location and a Nacogdoches Area United Way (NAUW) supported agency).
- Participants were selected based on the first ten individuals to voluntarily submit their application forms and who met the above listed criteria.
- Participant's level of knowledge was assessed using pre/post questionnaire
- Three mentoring sessions were conducted with participants – topics included serving sizes, healthful quantities of sodium, protein, sugar, and fiber.
- Nutrition information was dissimilated and MyPlate activities were completed.

Sample of Pre/post Questions

- Can you locate the sodium content on these labels?
- Which item has the most sodium?
- Is this amount of sodium considered high, moderate, or low in comparison to the Recommended Daily Allowance (RDI) for sodium?

Macaroni and Cheese

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts
Serving size: 1/2 C pinto beans (86g)
Servings Per Container 1

Amount Per Serving		
Calories 120	Cal. from Fat 5	
		% Daily Value*
Total Fat .5g		1%
Saturated Fat 0g		1%
Trans Fats 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 22g		7%
Dietary Fiber 8g		31%
Sugars 0g		
Protein 8g		
Vitamin A 0%	Vitamin C	0%
Calcium 4%	Iron	10%

* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

myDietMealPlanner

Tuna Salad Sandwich

Nutrition Facts
Serving Size : 1 Serving
Servings Per Container: N/A

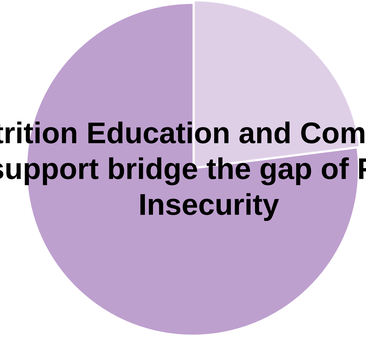
Amount Per Serving		
Calories 570	Calories from Fat	333g
		% Daily Value*
Total Fat 37g		57%
Saturated Fat 5g		25%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 1380mg		58%
Total Carbohydrate 46g		15%
Dietary Fiber 7g		28%
Sugars 0g		
Protein 20g		
Vitamin A 0%	☐ Vitamin C	0%
Calcium 0%	☐ Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Results

- Respondents gained new knowledge in reading food labels and provided research feedback as to what additional information they would like to learn.
- Statements from participants included:
  - *"I actually learned how to look for ingredients such as sugars, and fiber and pay attention to serving sizes."*
  - *"I learned about portion control".*
  - *"Wish we had covered gram/mg compares and why companies don't use one unit of measure."*

Implications



Nutrition Education and Community support bridge the gap of Food Insecurity

Local Food Banks

City	Organization	Address	Agency Hours	Agency Service	Phone
Nacogdoches	Azelway Pantry	1100 South St	Thursday 1:00-2:30pm	Pantry	(903) 565-0215
Nacogdoches	Nacogdoches HOPE	2100 E. Main	Monday & Thursday 9:00am-11:30am	Pantry	(936) 559-1801
Nacogdoches	North Street Church of Christ (Harvest House)	3914 North St.	Tuesday 10am-12pm, Wednesday 4:00pm-6:00pm, Thursday 11:00am-1:00pm	Pantry	(936) 564-2471
Nacogdoches	Sacred Heart	2508 Appleby Sand RD.	Monday 9:00am-12:00pm	Pantry	(936) 564-7807

References
http://www.feedingtexas.org/learn/food-insecurity/
http://easttexasfoodbank.org/NeedFood/Nacogdoches